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NUTRITION AND EXERCISE

The Health Twins

Dr. Kenneth Krueger

Poor eating habits and the sedentary living of modern life have produced various diseases and disabilities, such as, obesity, chronic low back strain, high blood pressure, weak abdominal muscles and increased susceptibility to cardiovascular disease. This article will briefly discuss the two ways to health - Nutrition and Exercise.

There are millions of people who exercise regularly and think this alone will save them from heart attacks or delay the aging process. It has been proven that regular vigorous exercise will do this to a great extent, however, in conjunction with proper nutrition, the beneficial aspects are multiplied, as will be seen in this article.

Conversely, there are millions of "health food addicts" who believe these same benefits will come from merely eating properly. Again, the combination of proper nutrition and regular vigorous exercise has a compounding effect leading to a more healthful, vigorous life.

EXERCISE

Exercise is important for both physical and mental health. Most people in modern society do not get enough exercise. Our bodies were built to move--away from beasts, to hunt and so on for the thousands of years of primitive man. Yet modern civilization is a sedentary one. Man leaves home in a car, walks a few steps to the office, sits, returning home via the car, sits, eats, drinks and watches television. Quite a contrast to our lengthy active heritage, which only slowly ended with the advent of locomotion (car, train, plane) at the turn of the century.

It is tremendously gratifying to see the American adults' revitalized interest in exercise. These people come from all walks of life, from secretaries to presidents. They run, swim, play volleyball, raquetball, tennis, etc. The best for the heart are swimming and cycling. People exercise for various reasons: to slow the aging process, the release of tension, to improve cardiovascular-respiratory systems, it's the "in-

thing", or it invigorates them. For whatever reason, a daily exercise program is beneficial. The key is to start out easily, then slowly build both the duration and intensity of the exercise.

"Little things Mean A Lot." Simple things, like taking the stairs rather than the elevator or walking/biking to the store, can start you on your way to fitness. Then progress to leisurely half-hour walks/swims before a meal. (This will decrease the appetite.) Whatever form of exercise that is chosen, whether tennis, running or swimming, increase the duration and intensity slowly. The minimum level you want to work up to is one-half hour of working your heart to 70-80% of its maximum. This helps delay the aging process. To find your maximum heart rate per minute, take 220 minus your age. Your workout would then be 70-80% of that for one-half hour. Always take 5-10 minutes before this workout to loosen your muscles, i.e., warm-up. After the workout take 5-10 minutes to get the lactic acid out of your muscles, so you won't be sore afterwards, i.e., warm-down. The warm-up/downs consist of slow, easy movements which stretch the muscles. Exercise at least three times per week and enjoy the "lively feelings".

However, exercise alone will not ward off heart attacks, strokes, or improve performance. There have been highly trained athletes who have suffered heart attacks; e.g., an editor of "Runners World" while running a marathon and some Masters Swimmers at the National Championships. Vigorous exercise alone did not prevent these sad cases. In conjunction with proper nutrition they might have been avoided.

1. VITAMIN E. This important "heart vitamin" has been refined out of our modern breads, man's primary source of alpha-tocopherol (Vitamin E). Coronary thrombosis, heart attacks, did not exist before 1900. Around that time modern milling techniques came into being. This eliminated the wheat germ and with it 87% of seven vitamins including Vitamin E, 88% of the trace minerals, and 84% of the bulk minerals. Bleaching of the flour then eliminates the remaining Vitamin E.

It has been found that Vitamin E is an effective antithrombin, that is, it prevents or dissolves fresh clots in the veins without interfering with normal clotting of cuts and other forms of trauma.

Thus it is a strong deterrent to coronary thrombosis (heart attack) and phlebitis. In combination with Vitamin C, Vitamin E reverses and prevents atherosclerosis.

Some other known benefits of Vitamin E to athletes, as well as sedentary adults, are: 1) It reduces oxygen requirement of tissues and cells. 2) It enlarges small blood vessels. 3) It promotes collateral circulation. From 300 to 800 I.U. (International Units) of Vitamin E per day is generally recommended, except in people with rheumatic heart disease or hypertension. Eat only whole grain breads that haven't been refined to supplement this. In this way you will also benefit from our next topic, fiber.

2. FIBER. Fiber, undigestible food, is processed out of our "enriched" breads, consequently we need to take added fiber. Fiber is important to man in two ways: 1) For proper rapid bowel elimination. The daily evacuation of waste is important to drastically cut down the chances of various intestinal cancers, especially of the colon and rectum, plus varicose veins, hiatus hernia and hemorrhoids. 2) It produces fewer free radicals which encourage rapid cell growth which can lead to heart disease. This is done through the formation of plaques which produce their own cholesterol and collagen, which get into the bloodstream. At each breaking away place the collagen becomes a site for clot formation.

A simple means of getting enough fiber and control weight is to take a tablespoon full of unprocessed miller's bran, put it in a tall glass, fill it with water and immediately drink it, as fast as possible; don't bother to eat it. Then fill the same glass again with water (no more bran) and drink it. Do this 20 minutes before each meal. You will feel fuller, eat less and "process" your meal better.

The best way to increase fiber is to stop eating refined foods and eat more whole grains, fresh fruit and vegetables.

3. SUGAR. Most of the sugar Americans eat comes from processed foods. Sugar makes up about one-fourth of an American's calorie intake. Sugar is a monosaccharide; i.e., simple sugar. When simple sugars get into the system they are immediately utilized "burnt up". They do not have to be digested. They go into the bloodstream. The pancreas then produces insulin to lower the blood sugar. Then the adrenal glands attempt to raise the blood sugar to normal. This battle ends with ineffective regulators (pancreas and adrenals) and usually hypoglycemia. This battle to regulate the blood sugar level would never have begun, if a complex carbohydrate or polysaccharides were eaten in the first place. It takes the body time to digest these complex carbohydrates: con-

sequently there is a slow, sustained release of sugars into the blood. Alcohol, nicotine, tranquilizers, stimulants, antibiotics and analgesics can alter blood sugar levels.

Hypoglycemia, low blood sugar, can result in how we eat also. Many Americans skip breakfast or have a Danish with coffee and a cigarette. This starts the insulin stress response, followed 2-3 hours later by a drop in blood sugar and the need for a break... a roller coaster of highs and lows. A good breakfast with whole grains, protein, etc. would give you a sustained level of energy. Sugar raises your blood fats and cholesterol leading to atherosclerosis. It also increases your blood pressure.

4. SALT. Salt, sodium chloride, causes tissue swelling (edema) which deprives tissues of oxygen. The heart must work harder to get the blood through the swollen tissues. Salt also increases blood volume. The two together, edema and higher blood volume, yields higher blood pressure (Hypertension). Edema also yields such circulatory problems as arthritis and reduced visual, tactile, and auditory sensations. If you are stiff in the morning, edema may be your problem. Again, as with sugar, a tremendous amount of salt is in processed, canned, frozen, packaged foods. Foods in their natural state taste very good. Try eating without any salt for at least one week, you'll be surprised at the natural flavors your taste buds begin to recognize.

5. SMOKING. Smoking is not only a proven cause of cancer, but by breathing in the carbon-monoxide from cigarettes, you reduce your blood's oxygen carrying capacity; Hemoglobin, your blood's carrier of oxygen, is 200 times more attracted to carbon monoxide than to oxygen. The oxygen-starved areas then open up to let in more oxygen, which lets in fat, cholesterol, etc. thus causing arterial inflammation and plaque growth. Consequently, smokers have a much greater risk of various heart diseases. Nicotine increases the stickiness of blood platelets, thus increasing the danger of blood clots. Smoking worsens various bronchial diseases; e.g. emphysema. Smoking accelerates the aging process for the above reasons, plus it changes bone tissues making it easier for calcium to leave the bone in solution. Even your taste buds are adversely affected. Stop smoking and taste the great flavors of fresh foods.

6. CAFFEINE. Caffeine is a drug found not only in coffee and tea, but chocolate, cocoa and cola drinks. Caffeine produces peculiar and rapid heartbeats, insomnia, high blood sugar levels, increased gastric acid secretion and high blood pressure and works detrimentally in certain mental conditions.

1984 USMS ALL AMERICANS
LONG-DISTANCE SWIMMING

Men 25-29

William Black
Andrew Miller
Darrell Rucker
Terrence Thibault

Men 30-34

Tim Harvey
Kevin Polansky
Robert Thomas
Chip Zemple

Men 35-39

Keith Bell
Jeff Cook
William Damm
Victor De Munck

Men 40-44

Roger Bosveld
Tegze Harastzi
Phil Hengen
William Mulliken
Hugh Winn

Men 45-49

David Costill
Mel Goldstein
Keith Harries
Kent Price

Men 50-54

Henry Hoover
William Price
Wayne Leengran
Jerry McNamee
Steve Shofield
Bradford Sturtevant

Men 55-59

Harlan Drake
Watson Lawrence
Gerald Martinez
Winthrop Wilson

Men 60-64

James Edwards
Ray Falk
Jurgen Schmidt
Gilbert Young

Men 65-69

Aldo da Rosa
Joseph Shull

Men 70-74

Herbert Howe
Gary Weisenthal
Dexter Woodford

Men 75-79

Alfred Guth
Roland Van Lill

Men 80-84

Gus Langner

Men 85-89

Jack Blumberg

Women 25-29

Karen Chequer
Sharleen Raduazo
Mary L. Sauer
Rene Terrazas
Pamela Vaughn

Women 30-34

Sherry Kittrell
Patricia Mattson
Sidney Swayman-Thoms

Women 35-39

Marianne Brems
Katherine Crandell
Joan Diercks
Katherine Watson

Women 40-44

Jane Katz
Lynn Weir

Women 45-49

Helen Buss
Adeanna Henrickson
Suzanne Munn
Nadine Whitehall

Women 50-54

Anna Marie Moeller
Mary Anna Rockefeller
Lavelle Stoinoff

Women 55-59

Ruth Manfredi
Bobbi Turcotte
Clara Walker

Women 60-64

Shirley Erickson
Barbara Golseth
Nancy Lawrence

Women 65-69

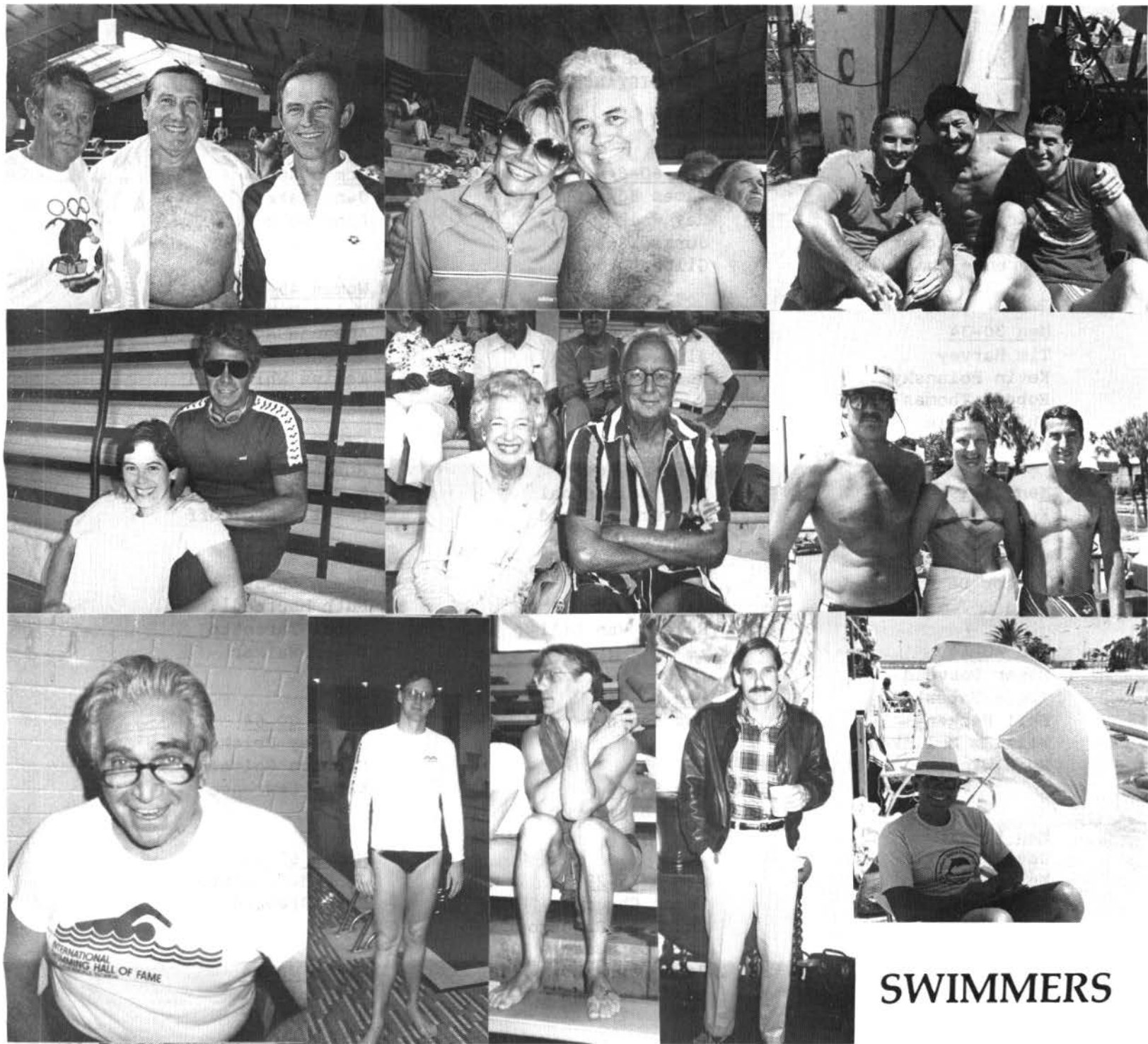
Jane McCollister
Rose Steward

Women 70-74

Eva Bein
Ruth Cooper

Women 75-79

Ruth Switzer



SWIMMERS

ROW 1 - Frank Tillotson, John Sorman and Harold Ferris (at Justus A.C.)

Rita-al Jones and Snag Holmes (at Justus A.C.)

Gerry DeLong, Roy Rohe and Tony Gallo (at St. Pete)

ROW 2 - Joan and Ernie Leskovitz (at Justus A.C.)

Mary and Bill Stinson (at Justus A.C.)

Mike Pearl, Millie Larsen and Tony Gallo (at St. Pete)

ROW 3 - Wally Hoffrichter, Jim Montgomery, Tom Boak and Fred Schlicher

(these guys were at the Lone Star Meet in Dallas, pictures by Mildred Anderson)

Bumpy Jones shows how to protect yourself from the 'rays' in St. Pete

ROW 4 - Top Row: Lisa Bogatko (55-59), Clare Sawhill (60-64), Kitty Barnum

(75-79), Dorothy Kimmel (60-64), Esther Grafrath (70-74), Betty

Wayton (60-64), Dorthea Winneford (60-64), Polly Herzer (60-64)

Bottom Row: Lee Starr (75-79), Dick Wegterfield (70-74), Wally

Sawhill (65-69), Bill Grafrath (70-74), Ed Deuss (80-84), Al Morton-

son (70-74, Dick Herzer (60-64) (picture by Lee Starr, Sun City, AZ)

5 RILEY, LEAH 57 UNA 3600
6 BOBATKO, LISA 55 AZM 3510
7 MCINTYRE, JOAN 56 NEM 3495
8 MARTIN, MARJORIE 55 NEM 3420
9 LAPORTE, DOROTHY 55 AZM 3395
10 OWENS, BARBARA 55 BOL 3385
11 GRUENDER, EDIE 56 AZM 3360
12 PELLETIER, ESTHER 59 NEM 3350
13 WOLVER, JANET 55 IND 3290
14 WESSNER, ELEANOR 58 UNA 3140
15 MURRAY, D.J. 55 AZM 3065
16 HEIGHAM, KATHARINE 56 NEM 3050
17 MARIENTHAL, GLORIA 59 NBM 2930
18 DIXON, KATHY 57 NBM 2870
19 OLSEN, GLADYS 58 SHA 2860
20 HOTCHKISS, JEAN 56 UNA 2840
21 SHEYA, PATRICIA 56 UNA 2725
22 BRANDSTATTER, BER. 57 SHA 2700
22 HOSKINSON, RUTH 55 CLE 2700
24 DAWSON, BUNNY 56 LAD 2675
25 JONES, DORIS 55 CHE 2605
26 ADAMS, PATRICIA 58 HIL AUS 2540
27 DITSWORTH, JEAN 55 AZM 2535
28 HARMON, LORRAINE 55 KET 2475
29 GRUENDER, JEANE 56 MOV 2440
30 OSCISLAWSKI, MEL. 55 IND 2150
30 FLAUGHER, GEORGIA 56 IND 2150
32 BECKER, ANNE H. 59 SCC 2000

WOMEN 60 to 64

REC: Shirley Erickson 60, 1984 SBS 3575

1 LACHASSE, DOROTHY 60 SBS 3550
2 ERICKSON, SHIRLEY 61 SBS 3470
3 MANFREDI, RUTH M. 61 AZM 3425
4 STINSON, SANDY 62 CEN 3360
5 COSTELLO, CHARLOT. 62 HUM 3355
6 LEE, MIMI 64 DCM 3330
7 BLACKLEDGE, NAN 60 RIN 3235
8 FLYNN, MURIEL 61 TAC 3225
9 WRIGHT, ELINOR 60 NEM 3100
10 HILL, SYLVIA H. 63 UNA 3000
11 PIERETTI, JEAN 64 CON 2995
12 CONDON, BETTY D. 63 BLD GTB 2920
13 LAX, PATRICIA 64 UNA 2800
14 LANDAUER, RENEE 61 CON 2785
15 KIMMEL, DOROTHY 63 AZM 2735
16 TURNER, HAZEL M. 61 FAM 2700
17 POOLE, LIBBY 64 CHA 2625
18 CULHANE, MARY 63 UNA 2475
19 CONE, MARY 61 TAM 2470
20 SNYDER, PATRICIA 62 SCC 2250
21 AYRES, NANCY 61 UNA AUS 2230
22 GRAHAM, RHEA 61 SCC 2200

WOMEN 65 to 69

REC: Jane McCollister 66, 1985 TAM 3430

1 MCCOLLISTER, JANE 66 TAM 3430
2 BROWN, MARDIE 67 NEM 3220
3 TAFT, ZADA 65 SHM 2970
4 REEVES, MARY JANE 67 WAL 2910
5 ZINT, GERTRUD 67 SHA 2875
6 CICHANSKI, FRANCES 67 SPM 2795
7 SIDORSKY, FRIEDA 68 WAL 2695
8 HEYER, MARIE 69 JER 2675
9 KREIPE, MARIE 65 MOV 2670
10 WENTWORTH, MARY 68 NEM 2660
11 MATTHIESEN, PAT 68 SHM 2535
12 ROUMASSET, HELEN 69 SHM 2430
13 STEWARD, ROSE 66 AZM 2400
14 BOSKOFF, NORA 66 DCM 2365
15 GARTON, MARY 66 HIL AUS 2360
16 KARIKER, ROSEMARY 65 BOL 2310
17 BELL, FRANCES 67 CRI 2050
18 SCHNEIDER, ELIZ. 65 UNA 1825
19 RATKOWSKI, RUTH 68 SHA 1800

WOMEN 70 to 74

REC: Ruth Switzer 73, 1982 SUN 3185

1 OFFENHAUSER, HELEN 72 CON 2800
2 KAHR, GENEVA G. 71 CHA 2650
3 ROMAYKO, AGNES 70 CON 2510
4 COOPER, RUTH 73 WAL 2460
5 BURNS, ELIZABETH 74 NBM 2015
6 MORRIS, DOREEN 72 MUL 1950
7 MCELHOSE, MILDRED 70 SCC 1775
8 OSBORN, GRACE 71 UNA 1500

WOMEN 75 to 79

REC: Vivienne Cherriman 75, 1983 BLD GTB

1 DOLCE, JULIA 75 JER 3150
2 SOMERS, EVELYN 77 UNA 2200
3 PELTON, KATHERINE 79 IND 1970
4 BARNUM, CATHERINE 76 UNA 1885
5 BRESSIE, HAZEL 76 MUL 1845
6 BREDENBERG, BEA. 79 SCC 1550

WOMEN 80 to 84

REC: Elizabeth Mauric 80, 1985 IND 2275

1 MAURIC, ELIZABETH 80 IND 2275
2 MCKECHNIE, B.MAR. 80 SPM 2200

MEN 25 to 29

REC: Lincoln Djang 25, 1985 TCM 5775

1 DJANG, LINCOLN 25 TCM 5775
2 COPELAND, ROB 28 DMA 5475
3 GRANDINE, THOMAS 26 WIS 5230
4 HALER, CARL 25 MIA 5140
5 DENSMORE, JAMES 29 DCM 5090
6 KOK, JERODEN J. 25 OKL 5085
7 HANSEN, ANDREW 27 LHM 5075
7 SCHRIVER, SCOTT 25 LHM 5075
9 RUCKER, DARRELL 26 SDS 5030
10 BLACK, WILLIAM 29 MIA 5010
11 DERKS, JAMES F. 27 RAL 5000
12 GILES, MICHAEL 25 LOC 4920
13 RILEY, CLINTON 28 FAS 4900
14 UHLIR, DONALD 27 NEM 4885
15 ACKER, JAMES 25 SPM 4835
16 LARSEN, RON 25 UNA 4800
17 ESPARZA, CHRIS 25 FAM 4750
18 PARLER, DAVID 29 CHA 4685
19 BOTTOM, MIKE 28 AMA 4640
20 STREHMER, ROBERT 28 MIA 4600
21 LOGAN, SHAWN 27 NEM 4525
22 LORENZ, BILL 29 SIT 4500
22 SKUPINSKI, DENNIS 28 NBM 4500
24 SULLIVAN, KENNETH 25 UNA 4475
25 MORRIS, MARK 26 UNA 4450
26 YOUNG, BOB 27 AMA 4425
27 FREIDMAN, RICHARD 29 SIT 4400
27 WALSH, MICHAEL 26 CHA 4400
29 PEARS, JOHN 26 TAM 4395
30 HAFEY, PATRICK 28 NEM 4350
31 JUDELSON, DAVID 28 NEM 4325
32 WILLIAMS, KENNETH 27 SPM 4290
33 JOHNSON, DAVID 29 AMA 4200
34 RASEMUS, RICK E. 26 CON 4140
35 GULDNER, JOEL 25 UNA 4110
36 BAKER, DAVID 25 CAM CAN 4100
37 ROSNO, MARK 27 BOL 4090
38 SHROER, JOHN 28 CHA 4050
39 CORSARO, FRANK 28 NEM 4015
40 SCHEFUS, STEVEN L. 25 UNA 4010
41 EVANS, ANDREW S. 25 REN 4000
42 MONTEMAYOR, GARY 28 WES 3975
43 NIELSEN, BJARNE 28 JER 3970
44 HIPCHEN, JOHN 28 SHA 3965
45 FIRLOTTE, L. 28 SCA CAN 3960
46 BENNETT, STEVEN 25 AMA 3865
47 VAN GENT, DANIEL 28 COA 3850
48 KELLIHER, DAN 29 SIT 3800
49 TOBIAS, BRUCE 27 CAM CAN 3700
49 GALLAGHER, JAMES 27 UNA 3700
51 LUTZKO, BARRY 25 CAM CAN 3650
52 BANTOCK, KEITH 28 DAR CAN 3550
53 DUNSTAN, PAUL 29 CAM CAN 3275
54 RITCHIE, PAUL 25 GRE CAN 3005
55 FERGUSON, IAN 27 CAM CAN 2950
56 FRANZ, JOHN 27 UNA 2850
57 REUTER, STEVE 29 SIT 1750

MEN 30 to 34

REC: Bill Damm 34, 1981 CAL 5500
Kevin Polansky 34, 1984 RMM 5500

1 DICKSON, BRUCE 30 LHM 5190
2 DODSON, PHIL 31 NOR 5150
3 JACKSON, ROBERT 33 UNA 5105
4 MOORE, HUGH C. 30 PNA 4940
5 HEATHER, MICHAEL 30 IND 4915
6 HARPER, DEAN 31 WAL 4900
7 JOHNSON, MARK 33 UNA 4800
7 REIDENBAUGH, BYRON 33 IND 4800
9 LEVINSON, DAVID 34 RIN 4765
10 WAGNER, DON 31 UNA 4750
11 BUCKLEY, MARK 30 SHA 4715
12 HELLER, BARNEY 30 NEM 4655

13 GROSS, JEFF 33 TOP 4595
14 EBERSOLE, TIM 30 JER 4570
15 JUSTINGER, STEVE 32 WIS 4510
15 COTTERILL, LINDSAY 32 COO AUS 4510
17 KATZ, JACK 32 TER 4450
18 AAKHUS, GREG 34 ROG 4410
19 WRIGHT, JEFF 31 OKL 4325
20 WEIDMAN, PETER 30 UNA 4315
21 ORBISON, DEAN 31 SIT 4300
22 CRANE, JOHN R. 33 AMA 4290
23 BORDEN, PETER 34 RIN 4250
24 BURGARNER, JOHN 31 AMA 4225
25 DAY, SUMNER D. 33 AMA 4165
26 COOLEY, ERIC 34 UNA 4105
27 MCHUGH, CHARLES 33 UNA 4075
28 TATSCH, MARC 31 UNA 4060
29 MYERS, DEAN 34 OKL 3985
30 SCHAECHTER, DAVID 32 LOS 3980
31 MITENBULER, JACK 34 MID 3970
32 BERRY, JONATHAN 30 LOC 3950
32 BRANDSTATTER, RBT 33 SHA 3950
34 RUMBERGER, WILSON 33 SWM 3875
35 NELLUMS, ROBERT 33 NHM 3870
36 KISTNER, ROBERT 34 AMA 3850
37 VIDAL-POTTS, BRIAN 32 HIL AUS 3835
38 ARLETTE, JOHN 34 CAM CAN 3550
39 WEGE, DAVID A 30 PNA 3465
40 MURRAY, PAT 34 AMA 3335
41 RESOP, BILL 33 SPM 3280
42 FREED, GORDON A. 31 UNA 3125
43 COLLINS, DAVID 32 CAM CAN 3050
44 BAKER, THAD 32 SCA CAN 2815
45 SPINNEY, PERRY 34 GRE CAN 2725

MEN 35 to 39

REC: Bill Damm 35, 1982 CAL 5400

1 POLANSKY, KEVIN 35 RMM 5390
2 DAMM, BILL 38 CAL 5325
3 CHESNEAU, LEE 36 RDM 4950
4 FISHER, BRUCE 36 UNA 4930
5 MOLVIG, KIM 36 NEM 4885
6 ASDUITH, BOB 38 NEM 4880
7 JESTER, MAL 35 WAL 4875
8 PHIPPEN, LAWRENCE 35 AMA 4770
9 MCQUIGGAN, FRANK 36 NEM 4645
10 LIVONI, DONN 38 SIE 4625
11 HENLOTTER, DICK 38 NEM 4555
12 LAZZARO, ROBERT 35 NEM 4475
13 DAUL, WILLIAM 36 RIN 4455
14 SMITH, HEBER G. 39 CAM CAN 4400
14 DUNAWAY, CHARLES 35 CHA 4400
14 NESSEL, EDWARD 39 JER 4400
14 KNAPP, ANDY 38 OKL 4400
18 LADD, JOHN 39 GAR 4390
19 STRATFORD, DAVID 38 CAM CAN 4350
20 EASTWOOD, LESTER 37 RYA 4215
21 MERE, GENE 35 CHA 4200
21 LAMB, RICHARD 38 JER 4200
23 YAMAHIRO, LARRY 38 CUD 4180
24 ROGACKI, DANIEL 37 AND 4175
25 WAGNER, CARL 36 SHA 4170
26 MUNRO, JOHN 36 NEM 4150
27 RUNDQUIST, PAUL 36 ROG 4050
28 MICKELSON, BRETT 35 IND 4025
29 STEFANKO, MICHAEL 36 IND 4015
30 CHURCH, KENNETH 35 KWS 3985
31 DONATH, CRAIG 35 RYA 3940
32 CANNON, LEE J. 37 AMA 3925
33 PRINS, PETER 36 MIA 3905
34 ASHTON, RAY 39 HIL AUS 3850
34 GRAY, DAN 39 ROG 3850
36 LAWRIE, JIM 38 SIE 3825
37 NEWMAN, STUART 39 JER 3800
37 FROWNFELTER, GREG 36 ROG 3800
39 STALLEY, DOUGLAS 38 CLE 3790
40 GOLDBLATT, LESTER 38 JER 3650
41 CAWLEY, JAY 36 AMA 3500
42 DEAS, THOMAS 36 UNA 3475
43 BANK, RONALD 37 ARK 3470
44 WELCH, TERRY 37 UNA 3455
45 RYAN, ROBERT 38 HES GTB 3400
46 MICHAUD, TED 39 AMA 3385
47 PARRY, ALLAN 36 HIL AUS 3360
47 HILBERT, BILLY 39 MOV 3360
49 DERDOTT, DAVID 36 DAR CAN 3335
50 ROSELLE, HERBERT 39 UNA 3230
51 XOMEL, DAVID 39 KWS 3145
52 VAMPLAS, GUS 35 RYA 3135
53 BUCKLEY, JOE 35 CAM CAN 3000
54 GAGNON, PAUL 38 GRE CAN 2990
55 SCHAEFER, WOLFGANG 38 AMA 2965
56 GARDNER, LAWRENCE 39 UNA 2925
57 REZOWALLI, KENT C 35 AMA 2910
58 DE-GRAAF, JAN 37 GRE CAN 2790
59 RUCKLE, FRANK 37 NEM 2580
60 COLLUM, GEOFF 37 HIL AUS 2450
61 RALONDE, RAYMOND 37 SIT 2400

WOMEN 35+

Rec: 12,425 Tamalpais Aquatic Masters
1981 (Ridout, Jenkins, Arrighi)

1. Tamalpais Masters "A" 12,295
(Nancy Ridout 43, Mary Ellen Kelley 35, Ruth Winn 42)
2. New England Masters 12,005
(Page, Walsh, Larrabee)
3. Jersey Masters 10,600
(JonBriesen, Tobin, Dolce)
4. Scarborough Masters 10,505
(Kleiber, Hickey, Odlum)
5. Ladera Oaks Masters 10,395
(Novesky, High, Robertson)
6. PNA-C 9,295
(Karakas, Rogers, Munger)

WOMEN 45+

Rec: 11,740 San Diego Swim Masters 1984
(Janet Lamott 48, Betsy Jordan 46, Adrienne Pipes 49)

1. Tamalpais Aquatic Master 10,205
(Jane McCollister 65, Terry Morse 48, Marty Hill 51)
2. DC Masters 9,910
(Collins, Griffin, Lee)
3. Dick Bower S.C. Bolts 9,610
(Lambke, Owens, Bower)
4. Connecticut Masters 9,205
(Gravener, Landauer, Pieretti)
5. Ladera Oaks Masters 8,715
(Hewitt, Wright, Dawson)
6. New England Masters 8,370
(Heigham, Wentworth, Lyman)
7. Charleston Masters 7,775
(Poole, Walsh, Kahrs)

WOMEN 55+

Rec: New England Masters "A"
1985 10,835
(Clara Walker 58, Marjorie Martin 55, ? McIntyre 56)

1. New England Masters "A" 10,835
(Walker, McIntyre, Martin)
2. Arizona Masters "A" 10,555
(MacBern, Bogatko, Manfredi)
3. Arizona Masters "B" 9,820
(Laporte, Gruender, Murray)
4. New England Masters "B" 9,670
(Pelletier, Brown, Wright)
5. Industry Hills 7,715
(Wolver, Mauric, Flaughter)
6. Arizona Masters "C" 7,670
(Ditsworth, Kimmel, Steward)

WOMEN 65+

Rec: 8,665 Connecticut Masters 1982
(Offenhauser, Wicklun, Romayko)

1. Walnut Creek Masters 8,070
(Mary Jane Reeves 67, Ruth Cooper 73, Frieda Sidorsky 68)
2. San Mateo Marlins 7,935
(Roomeset, Taft, Matthiesen)
3. Connecticut Masters 7,590
(Offenhauser, Romayko, Somers)

MEN 25+

Rec: 15,935 Tamalpais Aquatic Masters
1982 (Kenyon, Plotkin, Winn)

1. Longhorn Masters 15,340
(Andrew Hansen 27, Bruce Dickson 30, Scott Schriever 25)
2. DC Masters 13,930
(Young, Densmore, Smith)
3. Amador Valley Ath. "A" 13,835
(Phippen, Bottom, Young)
4. Sitka Masters 13,200
(Orbison, Friedman, Lorenz)
5. Charleston Masters 13,135
(Walsh, Schorer, Parker)
6. Amador Valley Ath. "B" 12,715
(Crane, Bumgarner, Johnson)
7. New England Masters "B" 12,640
(Hafly, Judelson, Hibbard)
8. Jersey Masters 11,740
(Ebersole, Newman, Neilson)
9. Amador Valley Ath. "C" 11,365
(Day, Bennett, Murray)

MEN 35+

Rec: 15,140 Caltech Masters 1982
(Brad Sturtevant 48, Burt Kanner 42, Bill Damm 35)

1. Caltech Masters 15,045
(Damm, Sturtevant, Kanner)
2. New England Masters "A" 14,410
(Molvig, Asquith, McQuiggan)
3. New England Masters "B" 13,565
(Henlotter, Bourassa, Lazzaro)
4. Jersey Masters 13,225
(Tucker, Nessel, Lamb)
5. Rinconada Masters 13,045
(Fasbender, Daul, Gildea)
6. Industry Hills 12,835
(McMurray, Maxwell, Kent)
7. New England Masters "C" 12,705
(Laubenstein, Rogacki, Monro)
8. Connecticut Masters 12,560
(Geoghegan, Tucker, Siebold)

9. Charleston Masters 12,300
(Fisette, Merree, Dunaway)
10. B.R.Ryall YMCA 12,190
(Eastwood, Saathoff, Donath)
11. Dick Bower S.C. Bolts 11,585
(Reimers, Bower, Gayle)
12. Amador Valley Ath. "A" 11,455
(Bowman, Cannon, Cawley)
13. Amador Valley Ath. "B" 10,025
(Smith, Michaud, Geddes)

MEN 45+

Rec: 13,175 DC Masters 1980

1. St. Pete Masters 12,625
(Raymond Burns 49, Robert Beach 54, Charles Kohnken 53)
2. New England Masters 12,295
(Johnson, Lyndon, Groves)
3. Jersey Masters 10,795
(Gilbert, Woodruff, McIntosh)

MEN 55+

Rec: 12,505 New England Masters 1983
(Win Wilson 55, Jim Edwards 60, Irving Katz 59)

1. New England Masters "A" 11,885
(Win Wilson 57, Irving Katz 61, Milt Brier 56)
2. Wisconsin Masters 11,755
(Drake, Howe, Rockell)
3. Mt. Hood Masters 10,160
(Terulli, Young, Bernstein)
4. Connecticut Masters 9,630
(Michanczyk, Pealee, Langner)
5. New England Masters "B" 9,010
(Wright, Eskin, Erion)

MEN 65+

Rec: 10,775 Mid-Atlantic Masters
1985 (Birch Davidson 66, Harry Rawstrom 67, David Rowan 71)

1. Mid-Atlantic Masters 10,775
(Davidson, Rawstrom, Rowan)
2. Jersey Masters "A" 10,380
(Newman, O'Connor, Overeem)
3. Jersey Masters "B" 8,835
(Coyle, Siegrist, Ross)
4. St. Pete Masters 8,725
(Stinson, Tillotson, Mitchell)
5. Oregon Masters 6,835
(Elliott, Hanlon, Cutter)

MY MOM IS ALL WET

by Nancy Martin

This poem is about a mom who swims on her back,
Ribbons and medals - she's got quite a stack.
She's a national champ in the 100 and the 50,
Watch out for her his year - she just turned 60!
She has changed quite a bit since she became a master,
She'll do just about anything to get a few tenths faster.
She gives me inspiration as she speeds down the pool,
Luckily for me she sometimes shares her fuel.
I don't know too many sports where you can give your mom a cheer,
When my mom is on the victory box, I've been known to shed a tear.
Since my mom is a backstroker, I've become one too,
If she ever beats me, I don't know what I'll do.
Look for my mom at your next masters' meet,
You'll probably be swimming somewhere near her feet.
And look for me in my T-shirt that does say,
"My mom can beat yours - any day!"
After reading this poem, my mom will want to drown me,
But it was worth writing about -The Best Mom in the Sea!!!



DORIS STEADMAN

UNITED STATES MASTERS SWIMMING RECORDS - SHORT COURSE (revised 1984)

WOMEN 25-29			MEN 25-29				
50 Free	Sandy Neilson, 1983	23.72	K. C. DePorrest, 1983	20.64	50 Free	Dot Donnelly, 1978	30.64
100 Free	Sandy Neilson, 1982	52.11	Jim Montgomery, 1982	45.57	100 Free	D. Ressegule, 1976	1:08.51
200 Free	Sandy Neilson, 1984	1:55.42	Jim Montgomery, 1984	1:41.72	200 Free	Anna Adams, 1983	2:35.57
500 Free	Kim Worthen, 1983	5:12.35	John Havlik, 1984	4:38.35	500 Free	Clara Walker, 1984	6:55.59
1650 Free	Carol Lee, 1983	17:58.49	Andrew Miller, 1984	16:23.15	1650 Free	Anne Adams, 1983	23:50.11
50 Back	Michele Falls, 1983	28.30	Mel Nash, 1982	24.20	50 Back	Clara Walker, 1982	34.63
100 Back	Michele Falls, 1983	1:01.08	Mel Nash, 1982	52.44	100 Back	Clara Walker, 1981	1:17.48
200 Back	Nancy Mitardy, 1984	2:15.36	Tom Wolf, 1984	1:55.59	200 Back	Clara Walker, 1982	2:54.55
50 Breast	Karen Melick, 1982	31.54	R. J. McDonald, 1983	26.55	50 Breast	Clara Walker, 1982	37.70
100 Breast	Karen Melick, 1982	1:09.58	R. J. McDonald, 1983	59.12	100 Breast	Clara Walker, 1983	1:26.73
200 Breast	Karen Melick, 1982	2:31.40	Matthew Kantsler, 1984	2:10.80	200 Breast	Clara Walker, 1984	3:11.08
50 Fly	Judith Katterman, 1984	26.82	Steve Baxter, 1983	22.68	50 Fly	Anne Adams, 1984	34.54
100 Fly	Judith Katterman, 1984	59.90	Steve Baxter, 1983	49.81	100 Fly	Clara Walker, 1982	1:22.08
200 Fly	Sharon Berg, 1982	2:10.47	James Belardi, 1983	1:51.01	200 Fly	Betty Russ, 1984	3:07.00
100 IM	Ann Haley, 1983	1:01.89	Clay Evans, 1981	52.63	100 IM	Clara Walker, 1982	1:15.24
200 IM	Sandy Neilson, 1984	2:14.70	Clay Evans, 1981	1:55.70	200 IM	Clara Walker, 1983	2:48.87
400 IM	Kim Worthen, 1983	4:46.69	James Belardi, 1984	4:11.83	400 IM	Clara Walker, 1982	6:04.98

WOMEN 55-59			MEN 55-59				
50 Free	Dot Donnelly, 1978	30.64	Frank Plenne, 1984	25.20	50 Free	Dot Donnelly, 1982	30.67
100 Free	D. Ressegule, 1976	1:08.51	Ray Hakonaki, 1978	56.84	100 Free	Dot Donnelly, 1982	1:08.11
200 Free	Anna Adams, 1983	2:35.57	William Phillips, 1984	2:07.44	200 Free	Dot Donnelly, 1982	2:37.76
500 Free	Clara Walker, 1984	6:55.59	William Phillips, 1984	5:47.32	500 Free	D. Ressegule, 1982	7:27.06
1650 Free	Anne Adams, 1983	23:50.11	William Phillips, 1984	20:31.54	1650 Free	M. Rossegon, 1983	26:14.97
50 Back	Clara Walker, 1982	34.63	Boyd Johnson, 1984	30.34	50 Back	Jeanne Merryman, 1984	40.65
100 Back	Clara Walker, 1981	1:17.48	Paul Hutinger, 1979	1:06.14	100 Back	Dot Donnelly, 1982	1:27.43
200 Back	Clara Walker, 1982	2:54.55	Paul Hutinger, 1980	2:27.23	200 Back	Dot Donnelly, 1982	3:11.62
50 Breast	Clara Walker, 1982	37.70	Ted Haartz, 1983	32.65	50 Breast	Betty Christian, 1982	41.83
100 Breast	Clara Walker, 1983	1:26.73	Ted Haartz, 1983	1:11.97	100 Breast	C. Costello, 1983	1:31.07
200 Breast	Clara Walker, 1984	3:11.08	Ted Haartz, 1984	2:42.68	200 Breast	C. Costello, 1983	3:22.14
50 Fly	Anne Adams, 1984	34.54	Edward Emmes, 1984	27.34	50 Fly	Jeanette Eppley, 1980	35.32
100 Fly	Clara Walker, 1982	1:22.08	Winthrop Wilson, 1983	1:04.33	100 Fly	Jeanette Eppley, 1980	1:23.43
200 Fly	Betty Russ, 1984	3:07.00	John Alleva, 1983	2:37.97	200 Fly	Jeanette Eppley, 1980	3:13.88
100 IM	Clara Walker, 1982	1:15.24	Paul Hutinger, 1980	1:05.92	100 IM	Dot Donnelly, 1982	1:22.85
200 IM	Clara Walker, 1983	2:48.87	Paul Hutinger, 1981	2:28.99	200 IM	Dot Donnelly, 1982	3:05.13
400 IM	Clara Walker, 1982	6:04.98	Charles Moss, 1984	5:27.33	400 IM	D. Ressegule, 1981	6:58.09

WOMEN 30-34			MEN 30-34				
50 Free	Jacki Hirsty, 1984	24.78	Bill Vickery, 1984	21.42	50 Free	Dot Donnelly, 1982	30.67
100 Free	Jacki Hirsty, 1984	53.82	James McConica, 1983	46.92	100 Free	Dot Donnelly, 1982	1:08.11
200 Free	Jacki Hirsty, 1984	1:57.74	James McConica, 1983	1:42.88	200 Free	Dot Donnelly, 1982	2:37.76
500 Free	Jacki Hirsty, 1984	5:17.21	James McConica, 1983	4:44.96	500 Free	D. Ressegule, 1982	7:27.06
1650 Free	Barbara Held, 1984	18:29.91	Randy Williams, 1982	16:42.50	1650 Free	M. Rossegon, 1983	26:14.97
50 Back	Terry Freerks, 1983	28.97	Mike McIntyre, 1984	25.29	50 Back	Jeanne Merryman, 1984	40.65
100 Back	Terry Freerks, 1983	1:02.87	Mike McIntyre, 1984	54.90	100 Back	Dot Donnelly, 1982	1:27.43
200 Back	Brenda Lee, 1982	2:19.38	Clay Evans, 1984	1:59.66	200 Back	Dot Donnelly, 1982	3:11.62
50 Breast	Susan Roy-Jones, 1979	32.10	C. Miltnerberger, 1984	26.53	50 Breast	Betty Christian, 1982	41.83
100 Breast	Susan Roy-Jones, 1979	1:09.58	C. Miltnerberger, 1984	59.44	100 Breast	C. Costello, 1983	1:31.07
200 Breast	Susan Roy-Jones, 1979	2:35.26	Mark Chatfield, 1984	2:13.61	200 Breast	C. Costello, 1983	3:22.14
50 Fly	Chris Ruppert, 1982	26.85	Clay Evans, 1984	23.11	50 Fly	Jeanette Eppley, 1980	35.32
100 Fly	Barbara Held, 1984	59.64	Clay Evans, 1984	51.20	100 Fly	Jeanette Eppley, 1980	1:23.43
200 Fly	Chris Ruppert, 1982	2:15.83	Fred Schlicher, 1981	1:54.59	200 Fly	Jeanette Eppley, 1980	3:13.88
100 IM	Terry Freerks, 1983	1:03.17	David Hannah, 1984	53.84	100 IM	Dot Donnelly, 1982	1:22.85
200 IM	Terry Freerks, 1983	2:17.13	John Ferris, 1982	1:59.15	200 IM	Dot Donnelly, 1982	3:05.13
400 IM	Chris Ruppert, 1982	4:59.26	Tim McKee, 1983	4:15.84	400 IM	D. Ressegule, 1981	6:58.09

WOMEN 60-64			MEN 60-64				
50 Free	Dot Donnelly, 1982	30.67	Peter Powlison, 1983	25.52	50 Free	Dawn Musselman, 1981	32.98
100 Free	Dot Donnelly, 1982	1:08.11	Peter Powlison, 1984	56.52	100 Free	Dawn Musselman, 1979	1:17.00
200 Free	Dot Donnelly, 1982	2:37.76	Peter Powlison, 1984	2:09.86	200 Free	Dawn Musselman, 1978	2:59.30
500 Free	D. Ressegule, 1982	7:27.06	John Crews, 1980	6:01.72	500 Free	J. McCollier, 1984	8:10.89
1650 Free	M. Rossegon, 1983	26:14.97	Don Rankin, 1975	21:05.79	1650 Free	J. McCollier, 1984	27:35.75
50 Back	Jeanne Merryman, 1984	40.65	Fred Van Dyke, 1983	31.21	50 Back	Dawn Musselman, 1979	41.70
100 Back	Dot Donnelly, 1982	1:27.43	Irving Katz, 1984	1:09.69	100 Back	Dawn Musselman, 1979	1:32.70
200 Back	Dot Donnelly, 1982	3:11.62	Irving Katz, 1984	2:34.32	200 Back	Mardie Brown, 1983	3:27.04
50 Breast	Betty Christian, 1982	41.83	John Richards, 1984	34.01	50 Breast	Gertrude Zint, 1984	43.28
100 Breast	C. Costello, 1983	1:31.07	T. Von Berckefeldt, 1982	1:16.46	100 Breast	Gertrude Zint, 1984	1:37.97
200 Breast	C. Costello, 1983	3:22.14	T. Von Berckefeldt, 1982	2:53.04	200 Breast	Gertrude Zint, 1984	3:42.56
50 Fly	Jeanette Eppley, 1980	35.32	Jim Welch, 1981	29.77	50 Fly	Viola Thompson, 1983	44.74
100 Fly	Jeanette Eppley, 1980	1:23.43	Irving Katz, 1984	1:09.53	100 Fly	Viola Thompson, 1983	1:46.31
200 Fly	Jeanette Eppley, 1980	3:13.88	Irving Katz, 1984	2:24.04	200 Fly	Maxine Merlino, 1979	3:54.85
100 IM	Dot Donnelly, 1982	1:22.85	Peter Powlison, 1983	1:07.43	100 IM	Joan Osborne, 1982	1:35.98
200 IM	Dot Donnelly, 1982	3:05.13	Irving Katz, 1984	2:33.76	200 IM	Maxine Merlino, 1979	3:33.70
400 IM	D. Ressegule, 1981	6:58.09	Irving Katz, 1984	5:34.42	400 IM	Maxine Merlino, 1979	7:36.40

WOMEN 35-39			MEN 35-39				
50 Free	Diana Todd, 1982	25.41	A. McPherson, 1982	21.72	50 Free	Dawn Musselman, 1981	32.98
100 Free	Diana Todd, 1982	56.18	Bryan Bateman, 1983	47.52	100 Free	Dawn Musselman, 1979	1:17.00
200 Free	Barbara Dunbar, 1984	2:04.32	Fred Schlicher, 1984	1:46.53	200 Free	Dawn Musselman, 1978	2:59.30
500 Free	Barbara Dunbar, 1984	5:33.59	David Gray, 1981	4:47.91	500 Free	J. McCollier, 1984	8:10.89
1650 Free	Barbara Dunbar, 1984	19:07.37	David Gray, 1981	17:04.37	1650 Free	J. McCollier, 1984	27:35.75
50 Back	C. McCullough, 1977	30.50	Robert Smith, 1983	25.97	50 Back	Dawn Musselman, 1979	41.70
100 Back	Betty Bennett, 1979	1:08.66	Thompson Mann, 1978	56.84	100 Back	Dawn Musselman, 1979	1:32.70
200 Back	Carol Chidester, 1984	2:26.87	Tod Spieker, 1984	2:05.12	200 Back	Mardie Brown, 1983	3:27.04
50 Breast	Ginger Pierson, 1983	33.16	Clay Kolar, 1984	27.56	50 Breast	Gertrude Zint, 1984	43.28
100 Breast	Ginger Pierson, 1983	1:12.38	Clay Kolar, 1984	1:01.02	100 Breast	Gertrude Zint, 1984	1:37.97
200 Breast	Ginger Pierson, 1983	2:40.18	Clay Kolar, 1984	2:16.03	200 Breast	Gertrude Zint, 1984	3:42.56
50 Fly	Susan Peterson, 1978	28.52	M. Fitzmaurice, 1981	24.12	50 Fly	Viola Thompson, 1983	44.74
100 Fly	Barbara Dunbar, 1984	1:03.08	Fred Schlicher, 1984	52.08	100 Fly	Viola Thompson, 1983	1:46.31
200 Fly	Barbara Dunbar, 1984	2:18.88	Fred Schlicher, 1984	1:54.86	200 Fly	Maxine Merlino, 1979	3:54.85
100 IM	Diana Todd, 1981	1:06.24	A. McPherson, 1982	56.13	100 IM	Joan Osborne, 1982	1:35.98
200 IM	Marianne Breme, 1984	2:22.59	William Dorney, 1983	2:03.64	200 IM	Maxine Merlino, 1979	3:33.70
400 IM	Barbara Dunbar, 1984	5:02.95	Fred Schlicher, 1984	4:23.26	400 IM	Maxine Merlino, 1979	7:36.40

WOMEN 65-69			MEN 65-69				
50 Free	Dawn Musselman, 1981	32.98	James Welch, 1983	27.08	50 Free	Dawn Musselman, 1981	32.98
100 Free	Dawn Musselman, 1979	1:17.00	James Welch, 1983	1:00.40	100 Free	Dawn Musselman, 1979	1:17.00
200 Free	Dawn Musselman, 1978	2:59.30	James Welch, 1983	2:17.04	200 Free	Dawn Musselman, 1978	2:59.30
500 Free	J. McCollier, 1984	8:10.89	James Welch, 1983	6:20.83	500 Free	J. McCollier, 1984	8:10.89
1650 Free	J. McCollier, 1984	27:35.75	James Welch, 1983	22:21.28	1650 Free	J. McCollier, 1984	27:35.75
50 Back	Dawn Musselman, 1979	41.70	James Welch, 1983	34.30	50 Back	Dawn Musselman, 1979	41.70
100 Back	Dawn Musselman, 1979	1:32.70	A. Vandeweghe, 1984	1:15.70	100 Back	Dawn Musselman, 1979	1:32.70
200 Back	Mardie Brown, 1983	3:27.04	David Volk, 1982	2:50.40	200 Back	Mardie Brown, 1983	3:27.04
50 Breast	Gertrude Zint, 1984	43.28	Paul Krup, 1983	35.17	50 Breast	Gertrude Zint, 1984	43.28
100 Breast	Gertrude Zint, 1984	1:37.97	Aldo DaRosa, 1983	1:19.22	100 Breast	Gertrude Zint, 1984	1:37.97
200 Breast	Gertrude Zint, 1984	3:42.56	Birch Davidson, 1984	2:58.07	200 Breast	Gertrude Zint, 1984	3:42.56
50 Fly	Viola Thompson, 1983	44.74	James Welch, 1984	30.66	50 Fly	Viola Thompson, 1983	44.74
100 Fly	Viola Thompson, 1983	1:46.31	Andrew Holden, 1984	1:15.26	100 Fly	Viola Thompson, 1983	1:46.31
200 Fly	Maxine Merlino, 1979	3:54.85	Paul Krup, 1983	3:06.18	200 Fly	Maxine Merlino, 1979	3:54.85
100 IM	Joan Osborne, 1982	1:35.98	Birch Davidson, 1984	1:21.98	100 IM	Joan Osborne, 1982	1:35.98
200 IM	Maxine Merlino, 1979	3:33.70	Birch Davidson, 1984	2:43.52	200 IM	Maxine Merlino, 1979	3:33.70
400 IM	Maxine Merlino, 1979	7:36.40	Birch Davidson, 1984	5:57.83	400 IM	Maxine Merlino, 1979	7:36.40

WOMEN 40-44			MEN 40-44				
50 Free	Diana Todd, 1984	25.67	Robert Smith, 1983	22.55	50 Free	Dawn Musselman, 1984	34.66
100 Free	Diana Todd, 1984	56.88	Steve Clark, 1984	49.38	100 Free	Dawn Musselman, 1984	1:22.05
200 Free	Ardeth Mueller, 1982	2:10.05	Ed Hinshaw, 1978	1:51.63	200 Free	L. Wingard, 1984	3:15.13
500 Free	Jane Katz, 1983	5:46.87	James Crane, 1983	5:05.43	500 Free	Maxine Merlino, 1982	8:33.46
1650 Free							

At 73, she's finally beat a lifetime of arthritis

By Pat Hunter
Advertiser Medical Writer

Her friends say that Lee Jordan gets younger every year, that they can't keep up with her on a shopping jaunt.

The 73-year-old Jordan says she has conquered both arthritis and heart disease through diet changes and an up-graded exercise program. She eats a largely vegetarian diet, eschews sugar, and swims (at 4:30 a.m., yet) a mile or more every day at the Waialua Recreation Center.

"As a teenager, doctors said I had rheumatoid arthritis and they treated me with drugs," Jordan said in an interview. "I had to quit gymnastics. I ached all over all the time even though many of the symptoms went away as time passed. By the mid-1960s, when I retired from my job as a radiologist, the symptoms seemed to be coming back, and my hands were quite crippled. I had pain in my back, my hips, knees and ankles. I used to wear elastic bandages around my wrists to help the pain."

A rheumatologist told her she needed medications to control both the arthritis and an abnormal heart rhythm. Dr. Edward Lipp, a Kailua orthopedic surgeon she consulted in the mid-1970s, discovered several joints in her hands had been badly damaged by the arthritis, and that she had disc degeneration and an old compression fracture in her back.

Lipp said he replaced several joints in Jordan's right hand with plastic joints, and fused the joint of her left thumb. "She had some problems with her ankles, hips and knees, but her hands had the worst joint involvement," he said. "I'm surprised she didn't have more difficulty with her back, with the disc degeneration as extensive as it was." He suggested regular exercise as a way of keeping limber. "Swimming is the best exercise for back problems," he said.

Jordan said that when she moved to Waialua, she consulted a physician in the area, Dr. T. Dilcher, to monitor the medication she was taking to eliminate extra heart beats.

"Then I started thinking back, and remembered that as a teenager, every time I'd binge on sweets — my mother ran a candy store, so it was easy — I'd have another flareup of the arthritis. I did some reading about diet and health, and decided to experiment with food, eliminating one thing and adding another, to find out what seemed to make me feel better and what made things worse.

"I cut out all sugar and red meat, and now I only use barley malt syrup and a little raw honey, which I've adapted to dessert recipes. I eat lots of fresh fruits and vegetables — especially alfalfa sprouts — nuts and seeds, cheese, a little chicken or fish occasionally. I found out I couldn't tolerate beer or hard liquor, so I cut them out, too. I take one-a-day vitamins, a B complex and vitamin E, as well.

"Then I joined an exercise program at the Waialua pool. It met two or three times a week, and I started swimming laps. At first I could only do about six at a time, but it wasn't long before I worked up to a mile or a

mile and a quarter — 72 laps — at a session."

Gradually, Jordan said, she began to feel better and better. The pain of arthritis disappeared, and she decided to gradually wean herself from the heart medicine, "and now I don't seem to need it at all. I get my heart rate up to 120 when I'm swimming, and it's down to 70 to 72 within 30 seconds after I stop."

She said, though, that she's found if she can't get in her daily workout at the Waialua pool with her coach Bobbi Green for several days in a row, pain will return to her hips.

Dilcher said Jordan comes in for a check-up now and then, and seems to have recovered from her former problems well. "Her heart seems to have stabilized. I think what's most interesting is that the elimination of sugar and alcohol seems to have helped her arthritis, but what stands out most to me (an opinion shared by Lipp) is her commitment to and enthusiasm for the total program of diet and exercise."



Advertiser photo by David Yamada
Jordan emerges from the pool.

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Swimming News

USMS SC SEASON ENDS MAY 12th - The 1984-1985 short course season ends with the last day of the USMS National SC Championships in Milwaukee. This is to remind local Top Ten tabulators that their times must be received by June 16th in order to be eligible for NATIONAL TOP TEN. The swimming times are to be sent to:

Enid Uhrich, Box 5039,
Sun City Center, FL 33571

Relay Times are to be sent to:

Bert Petersen, 2051 NE 137 Ave.
Portland, OR 97230

NOTE: All interested swimmers, please check with your local USMS and be sure that your times are sent in time.....

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ment, hair and skin, diet, etc. Get an order form from Facts on File, Inc., 460 Park Avenue South, New York, NY 10016.....

CORRECTIONS TO LC TOP TEN - Jane McCollister's time in the 1500 m freestyle should have been 28:26.39 for the 65-69 age group thus becoming the record and also the international world record. NOTE: Swim-Master only prints what is sent as far as times go. I do not re-type but cut and paste what is sent to me. It seems that Tom Cureton (men 80-84) is having a few problems with his times - or seeing his times in print. Tom swam the 200 IM in 5:25.90 at the LC meet in Raleigh and so should be listed first in that event. He also claims that there are no times for his age group (80-84) in the unofficial ranking of 25 m times. Unless you compete in a 25 m meet (sc meters), you will have no times in that list as LC times cannot be used. The Top Ten Times include ALL meets throughout the country, not just the National Championships and so some people will have times faster than those done at the Championship meet. Keeping these records is no small task. Anyone wishing to volunteer to help, check with your local group.....

COACHES ORGANIZE - Coaches attending the Second Annual Masters' Coaches Meeting in Chicago last September created a new coaches association. The new group will meet annually at the World Coaches Clinic and at both SC and LC Masters Nationals. The goal of the group is to promote professionalism and to compile information concerning Masters Swimming across the country. President of the new organization is Judy Meyer, Santa Barbara S.C., P.O. Box 4125, Santa Barbara, CA 93103..

TIME STANDARDS - A study of the issue of Time Standards in Masters Swimming has been conducted by Ross W. Lambert, Jr., M.D. and Deborah L. Burnet. They applied a time standard to the 1982, 1983 and 1984 LC Nationals by limiting each event to the fastest 16 competitors. (This gives us 2 heats per event, even though many events in the older age groups do not have even one full heat). In 1982 a total of 59 minutes would be saved for men and 19 min for women. In 1983, 52 min for men and 25 min for women. In 1984, 37 min for men and none for women. And yet as the older age groups fill up, there will be no time saved, just more time added. This in depth study will be of great value to USMS and many thanks to Ross and Deborah. Everyone - think of creative solutions to this problem.....

SWIM-MASTER

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SWIM CALENDAR

VOL XIV - No 4

MAY 1985

MAY	3-5	SC - YMCA NATIONALS - Justus Aquatic Center at Orlando, FL
	9-12	USMS NATIONAL SC CHAMP. - Pam Mai, N47 W5450 Spring Ct., Cedarburg, WI
	17-20	25 m SC - Canadian Champ. - Paul Boulding, 869 Hector Ave., Winnipeg, Man. Canada
	25	SC - Jeroen Kok, 2201 NW 122nd #2609, OKC, OK 73120
	25-26	SC - HTY Swim Team, POB 3789, Houman, LA 70361
JUN	1-2	LC - Stan Flanagan, 1954 Woodvine, Houston, TX 77855
	2	LC - Pentathlon, Alicia Coleman, 24 The Point, Coronado, CA 92118
	14-15	LC - MAC, Portland, OR
	15-16	LC - Venice, FL
	15-16	LC - Kerry O'Brien, 5517 Nebraska, Concord, CA 94521
	21-23	LC - Tom Fay, Maryland Farms R & CC, 5101 Maryland Way, Brentwood, TN
	28-30	LC - Nancy Polisky, POB 1477, Midlothian, VA 23113-3777
	29-30	LC - Sally Peterson, POB 9122, Truckee, CA 95737
JUL	12-14	LC - Harold Ferris, 1116 44th Ave. NE, St. Petersburg, FL 33703
	13	LC - Cynthia Porter, POB 3026, San Jose, CA 95156-3026
	13	ONE MILE LONG DISTANCE - Patrick Mills, 4 Hilltop Ave., Bordentown, NJ
	13	TWO MILES LONG DISTANCE - Mike Stott, 3717 Titan Dr., Richmond, VA
	13-14	LC - Charleston Masters SC, POB 1604, Charleston, SC 29402
	14	OPEN WATER 3.5 MI - Perry Watson, 1635 Catalina, Seal Beach, CA 90704
	14	MARATHON OPEN WATER 10 MI - same as above
	19-21	LC Regionals hosted by PNA
JUN	2	OPEN WATER 2 MI - Davis Aquatic Masters, POB 921, Davis, CA 95617
JUL	26-28	PMS LC CHAMP - Mick Jessup, 1000 Webster, Fairfield, CA 94533
AUG	3	2 MILE - Steve Kaiser, POB 8205, Sacramento, CA 95818
	4	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	8-14	Masters Games, Ruby Richmond, Box 1985 Postal Station P, Toronto, Can.
	17	1.5 Mi Open Water - Donn Livoni, POB 9122, Truckee, CA 95737
	17-20	USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI Anne Page, 399 Summer Ave., Reading, MA 01867
SEP	15	PMS Open Water Champ - Dave Gray, 330 W. 20 Ave., San Mateo, CA 94403
	21	25 m - Beth Musser, 808 Reichert, Novato, CA 94947
	21-22	SC - Dr. Joseph E. McEvoy, Dickinson College, Carlisle, PA 17013
	28-29	North-South/Oceana Zone - Dore Schwab, POB 772, Ross, CA 94957
OCT	12	SC - Kerry O'Brien, 5517 Nebraska, Concord, CA 94521
	13	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	13	1.25 Mi Open Water - Diane Campbell, POB 620247, Woodside, CA 94026
NOV	3	SC Pentathlon - Steve Kaiser, POB 8205, Sacramento, CA 95818
	16-17	SC - Bob Madrigal, 506 Baden #3, So. San Francisco, CA 94080
DEC	1	SC - 500 & 1650 - Alicia Coleman, 24 The Point, Coronado, CA 92118
	7	SC - Sally Peterson, POB 9122, Truckee, CA 95737
MAY	15-18, 1985	USMS Short Course Nationals - Fort Pierce, Florida
AUG	21-24, 1985	USMS Long Course Nationals - Portland, Oregon

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